FIRSTBEAT TRAINING EFFECT MONITOR FOR SCHOOLS

USER MANUAL

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0. INSTALL FIRSTBEAT MONITOR

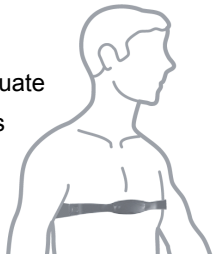
At first time use download Firstbeat Monitor from memory stick to your PC.

- You must have administrator rights for the PC to download and install Firstbeat Monitor
- Memory stick is attached to the step-by-step instructions for installation.
- Should you not have the memory stick or the instructions for installation available at the time of re-installation, please go to www.firstbeat.fi/monitor for download and step-by-step instructions.
- You must have your PC connected to internet when activating your Firstbeat Monitor.

1. SET UP A CLASS

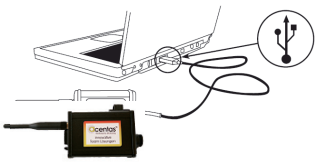
Heart rate monitor belt set-up

- Make sure that each student has a heart rate belt.
- Instruct students how to wear the belt correctly:
  1. Moisten the electrode surfaces on the back of the belt (optional, this helps to form adequate skin contact, better transmission of HR information and faster registration of the belts as students warm up).
  2. Wear the belt just below chest/ pectoral muscles and against bare skin. TIP: You can put the HR belt on like a normal belt then slide it up in place under your shirt.
  3. Make sure that the text on the front of HR belt is facing right side up.



Classroom set-up

- Position your PC and Team Receiver in a safe place in gymnasium in clear view of PE class.
- Use a tripod to position Team Receiver 5 to 8 feet high for extended range and better outdoor reception. (Optional, improves range and reception quality.)
- Make sure that you have a working internet connection available for the start of class monitoring.
- Connect the Firstbeat receiver cable to the USB port on your PC.
- Turn off your screen saver so that it will not disturb the monitoring (optional).
- Connect PC to a video projector (with VGA to VGA cable or other proper cable) to beam heart rates on the wall (optional).



Firsbeat Monitor log in

- Double click Firstbeat Monitor icon, or select “Start” > “Firstbeat” > “Firstbeat Monitor” in Windows.
- Enter your username and password on the log in screen. User name and password are provided on a printed list in a sealed envelope in your Firstbeat Monitor School Pack.
- After sign-in Firstbeat Monitor may take up to 30 seconds to start. It will automatically search for the Firstbeat Team Receiver and active heart rate belts within range.

Trouble shooting:

If heart rate of a student wearing a HR belt is not shown on screen.
Make sure that:

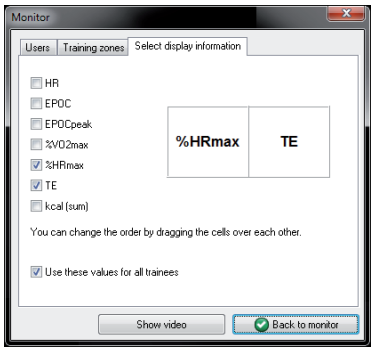
- Heart rate monitor belt is positioned directly under chest and attached firmly, logo is right way up, and electrode surfaces are moistened.
- User is within the range of the receiver (200 yards/meters).
- Heart rate belt battery is not dead.
- Make sure student’s profile is selected in Monitored USERS list (To EDIT Monitored USERS list, click Manage View icon in lower right corner of Monitor screen and select Users tab)

2. RUN A CLASS

Before the class begins (For details, see “1. SET-UP”)

- Connect Firstbeat receiver to PC and make sure PC is connected to the internet.
- Students are wearing their heart rate monitor belts correctly positioned.
- Launch Firstbeat Monitor (can take up to 30 seconds to launch then and then a minute to recognize belts so Profile Names appear above HR data).

Start monitoring



- Click

to start the timer to monitor session duration
- Firstbeat Monitor is now up and running!
- Selecting information to show in real-time (optional)
  a. Click “Manage View” icon and click “Select Display Information”
  b. Recommended: Select Heart Rate and Training Effect from the list, then click the box “Use these values for all trainees”
  c. You can also to choose to monitor any of the other parameters such as kcal or % Max HR etc.

TIP: Other monitored information can provide useful instruction for PE classes as students become familiar with heart rate guidance.

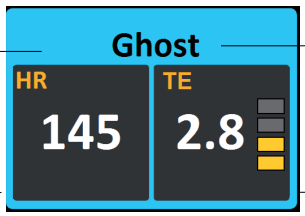
During the class

- You can monitor the intensity with heart rate (BEATS PER MINUTE) and color-coded zones based on % of Max HR (205 bpm is the Pre-profiled Max HR for all Profiles).
- Adjust the intensity of the PE activity according to the goal or TE target.
- If a student comes late to class, click at the bottom of the screen and select User Tab, then check box beside profile names.
- Or if you select ADD NEW BELTS AUTOMATICALLY,

new belts will automatically pop up on screen when late students arrive.

Color-coded heart rate

HR = heart rate (beats per minute)



”Superhero” nick-name on the HR belt.

TE = Training Effect (scale of 1.0-5.0). Can be selected as optional real-time information.

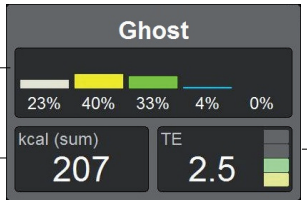
Stop monitoring

- Click

at the bottom of the Monitor display.
- Session summary information for all students appears on the screen.
- You may now compare the TE Target of the class with the actual results achieved.
- NOTE! To save this information you need to do a screen capture and save it before you start a new session or turn the Monitor off.

Intensity distribution shown as % of time spent in each color-coded HR Zone.

Kcal = Energy expended or calories burned



Training Effect score achieved during the class.

Starting a new class

- Click

. Summary information of past session will disappear and a new class can now begin.
- Make sure that

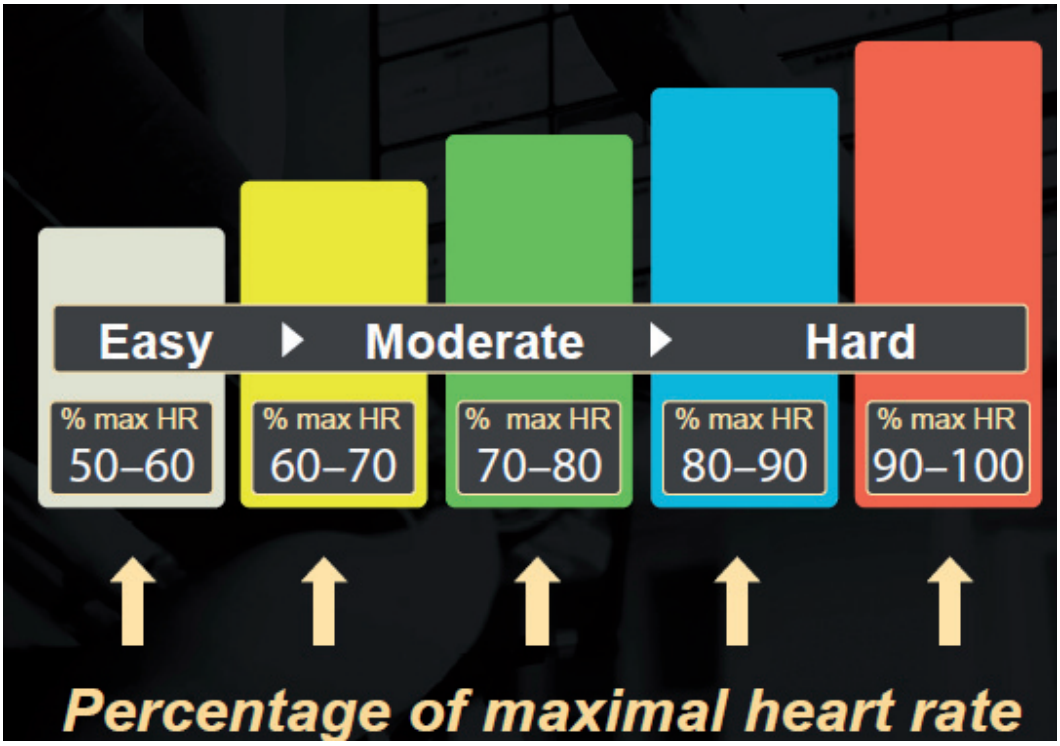
is checked.

3. MONITOR AND GUIDE THE INTENSITY OF A CLASS

Color-coded heart rate zones

Heart Rate Training Zones can be set according to % of Maximum Heart Rate.

The color coded zones make it easy for a PE Instructor to determine the intensity level of each student in the class. The students' are motivated by color and can easily see which heart rate zone they are in!



Maximum Heart Rates of the student profiles have been pre-set by Firstbeat to 205 beats per minute. You can adjust the Max HRs in each profile if desired by logging into each profile on www.firstbeat.net (log in from the upper right hand corner or directly at https://trainer.firstbeat.fi/WebTrainerUI/index.html) and give user credentials.

a. Select "Menu" on the upper right hand corner and then "User information".
b. Adjust Maximum heart rate
c. Click "Save" and log out.

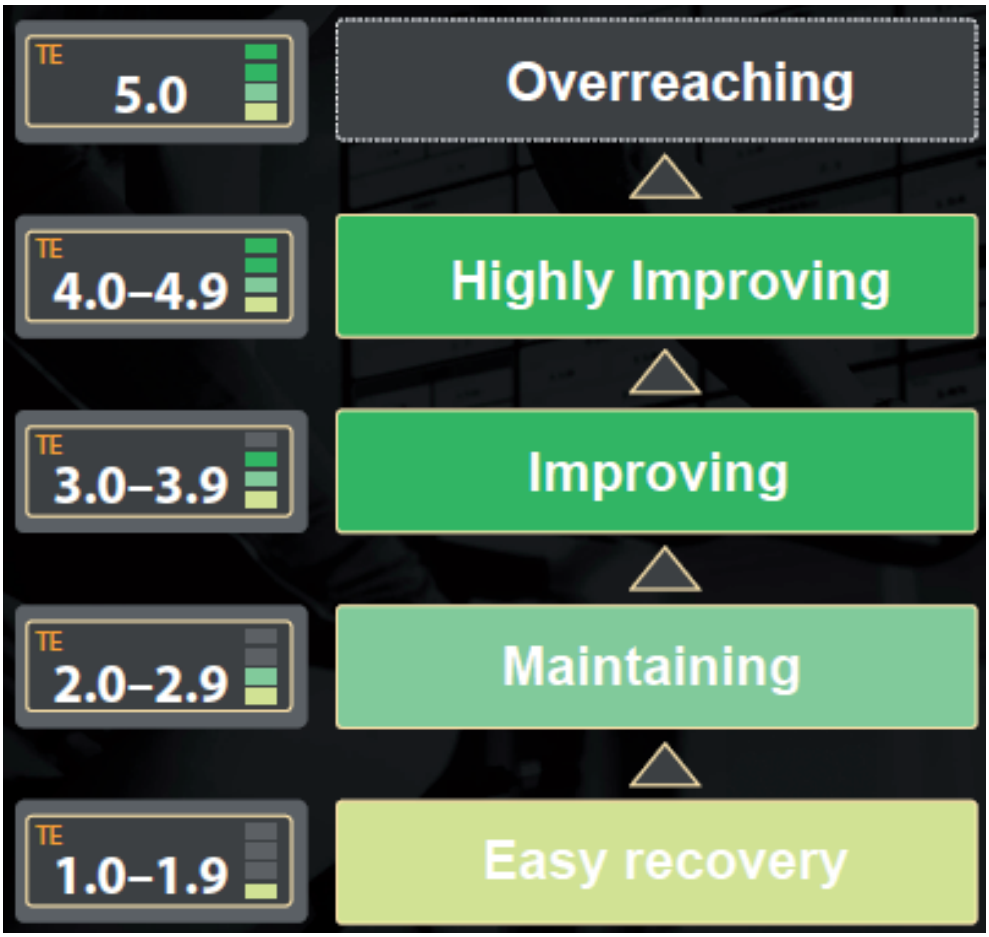
4. TRAINING EFFECT TARGET

Training Effect (TE) interprets how a workout improves fitness.

Training Effect (TE) is measured on a scale from 1.0 to 5.0 in increments of 1/10. At the beginning of the class all Students start with TEs of 1.0. As the class progresses and intensity builds, the TE scores will increase. Training Effect is a cumulative number that takes into account all the heart rate intensity and all the recovery during the monitored class.

The higher the heart rate intensity, the faster the TE increases. TIP: If a class has a lot of breaks in the activity, the heart rates will recover (during the break) and Training Effect will not increase. Try to organize your class with minimum breaks for instruction between activities for maximum benefit of fitness.

You may set a TE target for the class and announce the TE target to the students. For example, if you set a TE Target of 3.0, you have chosen an *Improving Training Effect as the goal of the class.* Then you can then guide the real-time intensity of the exercises during the class to ensure students reach the TE Target of 3.0 and therefore *Improve* their fitness levels. After reaching the TE Target it is optimal to cool down with lower intensity activity before the end of class..



5. SAFETY INSTRUCTIONS

Warnings

Exercise may include some risk. Before starting any exercise program, consult with a physician. It is recommended that you warm up and stretch before beginning your workout. Stop exercising immediately if you experience pain or feel faint, dizzy or short of breath.

Please note that exercise intensity, medications, blood pressure, asthma, caffeine, alcohol, nicotine and other factors can affect your heart rate.

Notice to persons with pacemakers, defibrillators or other implanted electronic devices. Before beginning use of this electronic sport equipment, it is recommended that you have an exercise test conducted under your doctor’s supervision to ensure the safety and reliability of the simultaneous use of your implanted device and this equipment. Use of this product is at your own risk.

Please consider the possibility of an error in the displayed heart rate and in other resulting values shown by the Firstbeat Monitor. Various different sources can influence the quality of the signal and the results shown. At schools the user parameters may not be individually set-up for each student and class resulting in display values that should be considered approximate.

Plastic heart rate belts worn on skin may cause skin irritation to some users. It is normal that skin may be red after wearing the belt. Adjust the belt so that it stays firmly in place during the exercise but is not too tight. Shower and wash your skin properly after exercise. If skin irritation does not disappear by the next day it is best to take a break in the use of the belt. Should any abnormal skin condition be observed, it is best to consult a nurse. Please take care that a belt is always cleaned before wearing it again.

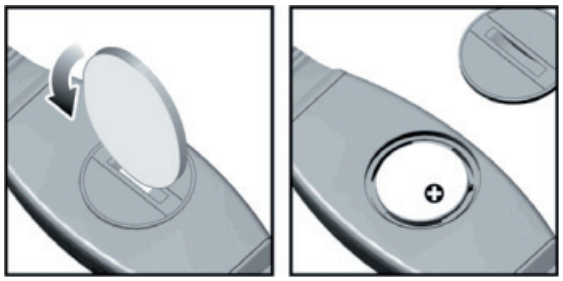
FCC and IC Statements

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

6. CARE & MAINTENANCE INSTRUCTIONS

Heart rate monitor belt battery replacement



Replace dead batteries with CR 2032 3 Volt coin cell batteries. Use a coin (a quarter) or comparable tool to open the battery back. Remove the old battery and insert the new one (positive polarity upwards) as instructed in the picture. Avoid any liquid or moisture from entering the belt housing. Close the lid to seal it properly.

Keep batteries out of reach of small children. Should a battery ever be swallowed accidentally, contact a physician immediately.

Heart rate monitor belt maintenance and hygiene

- Do not use the belt unless all parts have been cleaned after previous use.
- Please rinse the plastic belt with water and mild sanitizing solution. Do not soak the belts in a tub. Dry the plastic belt with soft towel. A solution of water mixed with a mild dishwashing liquid can be used to clean belts. Do not use thinner, benzene, alcohol or any other solvent to clean the belt.
- Elastic strap is machine washable. Use a laundry bag to prevent tangling.
- Store the belts at room-temperature in well ventilated space to allow them to dry.
- Never attempt to disassemble or repair your HRM.
- Protect the belt from sharp objects, extreme heat or prolonged exposure to direct sunlight.
- When putting on or taking off the heart rate monitor, please do not twist, bend or stretch it excessively as this may cause material to break.

7. SERVICE & SUPPORT

Firstbeat Monitor expansion with additional HR belts

Firstbeat Monitor School Pack can be expanded with additional HR belts. The original Pack includes 20 HR belts and can be expanded for simultaneous monitoring of up to 40 HR belts. Customers may order expansion packs of 10 HR belts and 10 new user profiles from School Specialty.

Once the expansion pack has been delivered, the customer is instructed to communicate the HR belt numbers and corresponding Superhero names on a form to Firstbeat support (support@firstbeat.fi). Firstbeat will then immediately activate the additional user profiles enabling the use of the additional HR belts. Please look for additional instructions at www.firstbeat.fi/monitor .

Customer feedback and product development ideas

Firstbeat will be pleased to hear customer feedback. You are the experts in the best use of our products. We have an on-going process of product development. We screen all customer feedback and pick the most wanted ideas to our product plan as we cannot do them all at once. Please feel free to use our channels for customer feedback at www.firstbeat.fi/monitor and support@firstbeat.fi .

Warranty information

Firstbeat Monitor School Pack has a 13 month limited warranty from the date of purchase covering defects in manufacturing or design of the product. Please consult warranty terms for closer information (www.firstbeat.fi/monitor). In case of defect please contact Pivot Sports and send the defect product to us as instructed.

Contact information

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www.firstbeat.fi/monitor